

Psychological Experiences of an Individual with Bipolar Disorder: A Case Study

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Abstract

Bipolar is one of the mood disorders. It is characterized by episodes of manic, hypomanic and major depressive. The present study aimed to understand the underlying psychological experiences in the development of the disorder. The participant is a female, 51-year-old patient diagnosed with bipolar disorder. The study used psychological tests, observations, interviews, and existing charts to gather relevant data. The psychodynamic and attachment theory was used in evaluating and analyzing the case. The result has shown that the patient experienced disruption of secure attachment in her early childhood stage. She had a pattern of unresolved feelings of dethronement, felt neglected by her father and was abused by her mother. These experiences may have led to her insecure attachment which presently manifests in her emotional dysregulation. The study implies the importance of attachment experienced in the earliest years as its outcome is extended in the present psychological domains. Further psychological implications and recommendations are discussed.

Keywords: *bipolar disorder, case study, attachment theory, psychodynamic theory*